

# Declaration of Helsinki

The **Declaration of Helsinki** is an important set of ethical rules for medical research involving human participants. It was first created in **1964** by the **World Medical Association (WMA)**. The main reason for creating this document was to prevent unethical experiments like those carried out by Nazi doctors during **World War II**. These events showed the need for clear guidelines to protect people taking part in research.

The Declaration provides **ethical principles** that guide doctors and researchers to conduct studies responsibly and with respect for human life. Its main goal is to protect the **rights, safety, and well-being** of all research participants.

One of the key ideas in the Declaration is **informed consent**. This means that before joining any study, participants must be given complete information about what the research is about, how it will be done, what the possible risks and benefits are, and that they have the right to say yes or no freely. No one should be forced or tricked into taking part.

The Declaration also says that every research project should go through an **ethical review** by a special committee before it starts. This ensures that the research is fair, necessary, and that the risks are not greater than the expected benefits.

It stresses that all research must be done by **qualified professionals** using sound scientific methods. Researchers must always try to **minimize harm** and **maximize benefits** for the participants.

Special care should be given to **vulnerable groups**, such as children, pregnant women, or people unable to give consent, so that they are not taken advantage of in any way.

Lastly, the Declaration encourages researchers to **publish all results**, whether good or bad, so that the scientific community and the public can learn from every study.

In short, the **Declaration of Helsinki** reminds everyone involved in medical research that the **health and rights of the participant come first**. It continues to guide ethical research practices all over the world even today.